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While other big arms find deals, deGrom still has no extension with Mets. 19

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DOJ says Mueller found no evidence of collusion between Trump's election team and Russia. 6

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4 THINGS TO KNOW

Democrat Gillibrand delivers 2020 White House launch speech

Senator calls Trump a "coward" in first major speech as presidential candidate.

Democratic U.S. Sen. Kirsten Gillibrand delivered a fiery repudiation of U.S. President Donald Trump on Sunday at the doorstep of one of his most famous properties, making it clear she will not pull her punches in seeking to replace him.

"President Trump is tearing apart the moral fabric of this country," Gillibrand declared to hundreds of supporters, with Trump International Hotel and Tower — which she called a "shrine to greed, division and vanity" — as a backdrop in Midtown Manhattan. "Our president is a coward."

The speech, the first since Gillibrand formally launched her 2020 campaign last week, and its location were intended to show voters that she will attack Trump directly, in contrast to some Democratic rivals who have hesitated to focus on the Republican president early in the 2020 campaign.

TERRY MOSELEY

Apple's media ambition: Original shows, news subs

2 Apple Inc. is expected to unveil a new video-streaming service and a news subscription platform at an event on Monday at its Cupertino, Calif., headquarters. The tech giant has long hinted at a planned video service, spending $2 billion in Hollywood to produce its own content and signing major stars such as Oprah Winfrey. Sources familiar with the matter earlier told Reuters that the service may resell subscriptions from CBS Corp., Viacom Inc. and Lions Gate Entertainment Corp.'s Starz, among others, as well as Apple's own original content. The TV service is expected to launch globally, an ambitious move to rival services from Netflix Inc. and Amazon.com Inc.'s Prime Video. Apple's App Store, where the service is likely to be distributed, is currently available in more than 100 countries.

Brexit up in the air as May makes third attempt at deal

3 British lawmakers will seek to use a vote on the government's next steps on Brexit on Monday to wrest control of the process and try to find a majority for an alternative way forward that would break the parliamentary deadlock. Britain had been due to leave the European Union on March 29, but after Prime Minister Theresa May's exit deal with Brussels was rejected twice by parliament, she agreed a delay to Brexit in talks with the E.U. on Thursday. Now a departure date of May 22 will apply if parliament rallies behind the prime minister and she is able to pass her deal. If she fails, Britain will have until April 12 to offer a new plan or decide to leave the E.U. without a treaty. May has said she hopes to hold a vote on her deal this week, but hinted on Friday that she might not do so if there was not enough support for it to be passed.

Record river flooding begins to recede in Kansas

4 Record flooding along the Missouri River that left death and destruction in three Midwestern states appeared to have crested on Sunday in the Kansas City area without causing major damage and continued to move downstream, local officials said. Although the surge had begun to recede in Kansas City, Missouri's largest city, a number of riverfront roads remained flooded and city residents were urged to conserve water to help utility crews cope with the deluge. Officials of two small Missouri waterfront communities just outside Kansas City, Riverside and Parkville, which had been bracing for flooding, said early on Sunday that the worst appeared to be over. "The good news is the river has crested and is now dropping," the Riverside Fire Department said on Twitter. "All businesses open," the city declared on Twitter.

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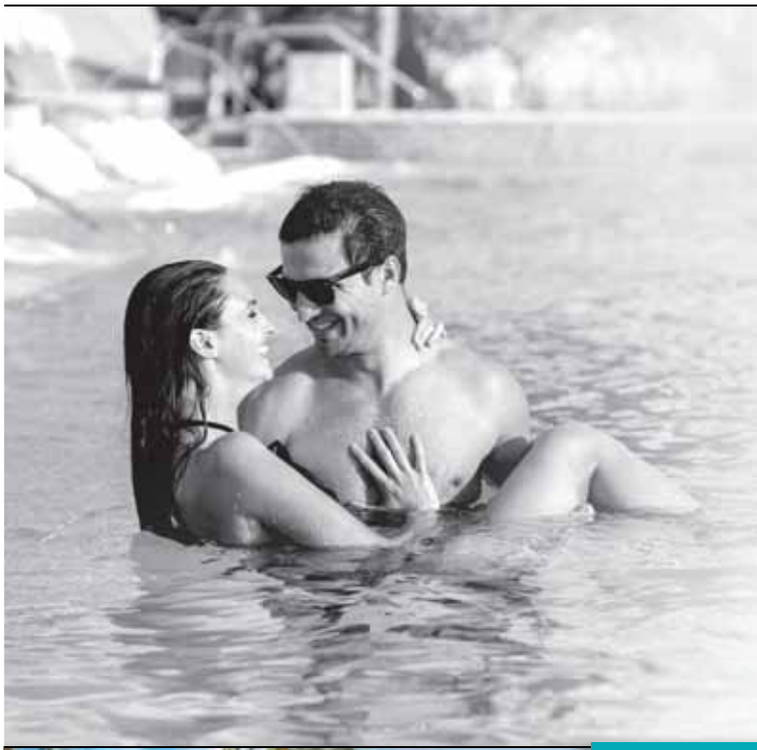

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Director Peele, cast members Nyong'o, Alex, Wright Joseph and Duke attend the "Us" premiere at MOMA in New York City. REUTERS

Box office: Jordan Peele's 'Us' stuns with $70 million opening

Talk about scary-good.

Universal's "Us," the second directorial effort from Jordan Peele, pulled off a stunning debut, generating $70 million from 3,741 North American locations. That haul is enough to land it the second-best opening weekend of the year behind just Disney's "Captain Marvel" ($153 million). The psychological thriller about a family confronted by a band of doppelgangers nearly doubled projections, which estimated a three-day total in the $38 million to $45 million range.

"Us" now has the largest weekend for an original horror movie, surpassing "A Quiet Place," as well as the biggest launch for an original R-rated film behind "Ted." It also shattered the benchmark set by Peele's directorial debut "Get Out," which launched with $33 million in 2017.

Overseas, "Us" launched with $16.7 million from 47 international territories for a global start of $86.95 million.

"Put simply, Jordan Peele is a genius," said Jim Orr, Universal's president of domestic distribution. "He's managed to tap into something that the domestic box office can't get enough of. People can't wait to see what he does next."

Universal and Peele's Monkeypaw Productions produced "Us" for $20 million. Since its debut at the South by Southwest Film Festival, "Us" has built up word of mouth. It has a 94 percent on Rotten Tomatoes, rare praise for the horror genre and a testament to Peele's ability to deliver scares that also encourage audiences to think. It stars Lupita Nyong'o and Winston Duke as a couple forced to fend off bloodthirsty clones while vacationing with their kids.

Though the domestic box office has been struggling to match 2018's record pace, it's been a good year for Universal so far. The studio now boasts the second-, third-, and fourth-best opening weekends of 2019 with "Us," "How to Train Your Dragon: The Hidden World" ($55 million) and "Glass" ($40 million), respectively.

With the better-than-expected debut of "Us," ticket sales at domestic box office are pacing over 15 percent ahead of the same frame in 2018, when "Pacific Rim Uprising" was the No. 1 film in North America. As a whole, revenues are still behind 17 percent compared to last year, according to Comscore. That margin is shrinking, however, thanks to the success of "Captain Marvel" and now "Us."

While "Us" catered to moviegoers looking for a good fright, "Captain Marvel" was doing some terrifying business of its own during the superhero blockbuster's third weekend of release. The female-fronted tentpole added another $35 million, taking its domestic tally past $320 million.

Since no studios dared to release a movie in anticipation of "Us," a number of holdovers rounded out domestic box office charts. Paramount Pictures' animated adventure "Wonder Park" landed in third place, earning $9 million for a North American bounty of $29 million.

"Five Feet Apart," a romantic drama about two teens who fall in love while undergoing treatment for cystic fibrosis, secured the fourth slot with $8.5 million. The film has earned $26 million to date. REUTERS

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U.S. Attorney General Barr. REUTERS

U.S. President Donald Trump. REUTERS

Special Counsel Robert Mueller. GETTY

US AG William Barr releases summary of Mueller report

DOJ says principal conclusions show no collusion.

The Attorney General
Washington, D.C.

March 24, 2019

Handout image of AG Barr's letter to U.S. congressional leaders. REUTERS

U.S. Attorney General William Barr said on Sunday that Special Counsel Robert Mueller had found no evidence of collusion between President Donald Trump's election team and Russia, and did not present enough evidence to warrant charges of obstruction of justice.

In a major political victory for Trump, who quickly hailed the announcement as "complete and total exoneration," Mueller's nearly two years of investigation ended with a finding that no one in Trump's campaign "conspired or coordinated with the Russian government," according to a summary of Mueller's findings.

The long-awaited report into whether Trump's campaign colluded with Russia to help Trump defeat his Democratic opponent, Hillary Clinton, marked a major milestone of his presidency as he prepares for his 2020 re-election battle. But Democratic opponents made clear that it would not end their political assault against him.

Mueller himself did not reach a conclusion on whether Trump broke the law by interfering with the various probes into the 2016 election but presented his evidence to Barr to make a determination. Many of Trump's opponents had accused the president of obstructing the Russia probe when he fired former FBI Director James Comey.

Barr and Deputy Attorney General Rod Rosenstein concluded that the evidence did not justify bringing obstruction charges, in part because there was no underlying crime.

"While this report does not conclude that the president committed a crime, it also does not exonerate him," Barr quoted Mueller as writing in his report on the issue of possible obstruction of justice.

"It's a shame that our country had to go through this," Trump told reporters before boarding Air Force One to return to Washington from Florida. "This was an illegal takedown that failed. And hopefully, somebody's going to be looking at the other side."

Barr's summary said Mueller found no evidence that the Trump campaign coordinated with Russia, despite "multiple offers from Russian-affiliated individuals" to help them.

U.S. Rep. Jerrold Nadler, Democratic chairman of the House Judiciary Committee, said it "seems like the Department of Justice is putting matters squarely in Congress' court."

The release of the summary is likely to ignite a new political fight in Washington as Democrats push for Barr to release the full report, and Trump seizes on the findings as vindication of his near daily assertion that he was a victim of a "witch hunt." REUTERS

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Powerball jackpot is now at $750 million

Who wants to be a multimillionaire? Lottery ticket sales spike as jackpot grows.

ISTOCK

The U.S. Powerball jackpot leaped to approximately $750 million on Sunday ahead of its third drawing after no one claimed the winning numbers announced on Saturday, when the cash prize was at $625 million, according to lottery officials.

Saturday's winning numbers were 24 25 52 60 55 and the Powerball was 05.

The jackpot, which surpassed the $600 million mark for the fifth time in history, has an estimated cash value of $465.5 million, officials said. The next drawing was scheduled for Wednesday, March 27.

The latest increase comes more than two weeks after an anonymous sole winner of a $1.5 billion U.S. Mega Millions drawing last fall claimed the jackpot, according to South Carolina's lottery commission.

Lottery players in the United States were in a frenzy ahead of October's drawing, forming long lines outside of ticket-sellers. In the four days leading up to the drawing, about 370 million of the $2 Mega Millions tickets were sold in 44 U.S. states, the District of Columbia and the U.S. Virgin Islands.

The winner, only referred to as a "South Carolinian," collected a record one-time cash sum of more than $877 million. REUTERS

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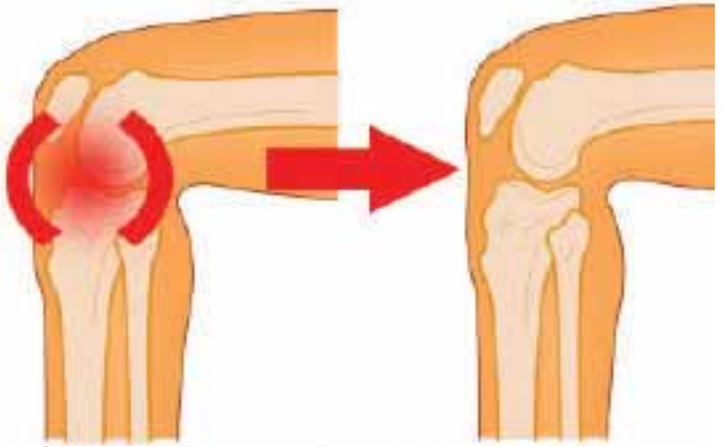

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Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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New York Giants cornerback Janoris Jenkins (No. 20) during a National Football League game. GETTY IMAGES

Homeowners sue Giants CB Jenkins for $700,000

Property value has fallen by 30 percent since a man's body was found at the N.J. home.

New York Giants cornerback Janoris Jenkins has been sued by the owners of the New Jersey home he rented, contending the value has fallen by 30 percent since a man's body was found there.

In court documents filed last week, the owners said they are seeking $700,000 in damages, according to NorthJersey.com.

The body of music producer Roosevelt Rene was found in the basement of the home last June. Jenkins' brother, William Jenkins, was charged with aggravated manslaughter and other charges related to Rene's death.

William Jenkins and Rene both lived with the cornerback in the home in Fair Lawn, N.J., and the property owners, identified in the lawsuit as S.R. and N.R. Tummalapenta, also contend Janoris Jenkins broke the terms of the lease by allowing others to reside there.

"Setting aside the utterly tragic incident that occurred in June of last year," said attorney Jonathan Swichar, who represents the Tummalapentas, "Mr. Jenkins and the additional, non-occupant tenants and visitors have caused considerable reputational and physical damage to the property, in addition to emotional pain for the Tummalapentas — who one day hoped to pass this home to their children."

Janoris Jenkins signed a five-year, $62.5 million contract in 2016 with the Giants.

FIELD LEVEL MEDIA

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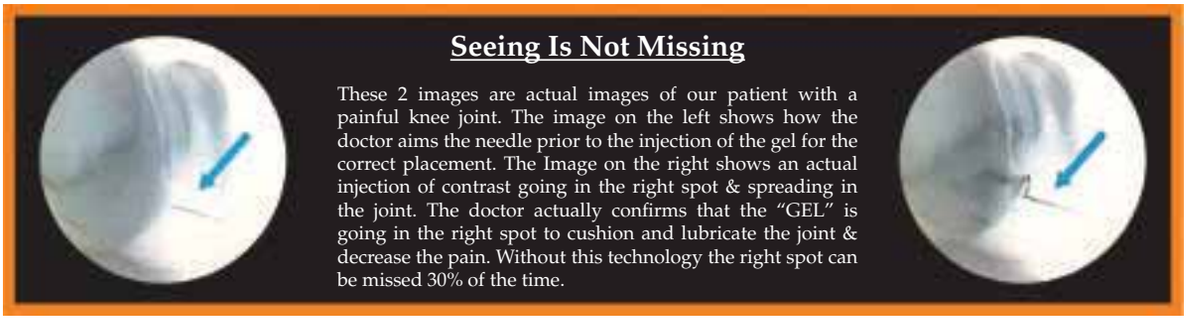
ADVANCEMENTS IN JOINT PAIN RELIEF

A SPECIAL HEALTH UPDATE

"Can a 100% All-Natural Treatment for Knee Arthritis Take the Place of Total Knee Replacement Surgery and Make it Obsolete?"

Hundreds of People That Come To Our Clinic Are Choosing Our Treatment Over Painful Knee Surgery and Referring Their Friends – AND The Treatment is Covered By Most Insurers and Even Medicare!


Seeing Is Not Missing
These 2 images are actual images of our patient with a painful knee joint. The image on the left shows how the doctor aims the needle prior to the injection of the gel for the correct placement. The Image on the right shows an actual injection of contrast going in the right spot & spreading in the joint. The doctor actually confirms that the "GEL" is going in the right spot to cushion and lubricate the joint & decrease the pain. Without this technology the right spot can be missed 30% of the time.

Anyone who has ever experienced *knee pain* caused by *arthritis* can attest to how debilitating it can be and how it hampers even the simplest of day-to-day tasks. The excruciating pain coupled with limiting regular activities can be maddening.

And, up until now, there have been *limited options* on how to treat this. Pain medication with all the *negative side effects or agonizing surgery of total knee replacement* with recovery times that lasts for weeks and even months.

But Now There's Another Alternative

The *Arthritis Knee Pain Centers* has a treatment that's not only 100% *all-natural* and is covered by most insurance companies—and even Medicare! And if the federal government puts their stamp of approval on it, you know it's been rigorously tested, is legitimate and, most importantly, works!

For the past 5 years literally thousands of patients have come to *The Arthritis Knee Pain Centers* to get our *Viscosupplements (or Gel treatments)*, a revolutionary way to treat arthritic knees. Even though they're manufactured by a pharmaceutical company, these gels are NOT drugs. *They're all-natural!*

People Are Flocking To This Treatment

There is *no cure* for arthritis at the present time, regardless of what anyone tells you.

When arthritis affects the knee, the lubricating fluid—*synovial fluid*—dries up. There is nothing to coat the bones in the joint and they rub and grind together. Over time the pain steadily worsens because of this until it's almost unbearable.

Viscosupplement treatment works like a *"joint oil"*. The gels are injected directly into the knee right where it is needed. It lubricates and cushions your knee—and eliminates the pain— similar to oil lubricating your car's engine.

Remarkable, huh? A simple injection to cushion your joint. And the best part? The injections last up to 6 months on average. And they're virtually pain-free as well. We give you a local anesthetic before injecting the gel for your comfort.

Over-the-Counter Supplements Just Aren't The Same!

You may have heard about *glucosamine* and *chondroitin* and even *hyaluronic acid*. These supplements are given to slow down deterioration of the cartilage in the knee. They're *NOT* the same as our injections and many times don't work at all for some people. And you can only get gel injections from a doctor.

The Difference In Our Treatment

These gels that are injected are very thick and they need to be precisely injected into the knee joint. However, studies have shown that *30% of all injections miss the joint space. This can dramatically affect how the injections work... That's a third of all injection treatments!*

We use advanced *low-dose video fluoroscopy* so that pinpoints the problem area and shows where the injection needs to go to do the most good. With the *fluoroscopy* we can make sure the injection is precise and delivers the gel where it needs to go.

Every Case Is Individual

Unlike some doctors we don't take a *"one-size-fits-all"* approach to our gel treatments. Every person is different. We use *Hyalgan, Genvisc, Supartz or Orthovisc and many more different types* of injection gels and some work better than others depending on the person.

So, even if you've had injection treatments before with no results, chances are that using the right gel will give you the pain relief you need.

Come In For a FREE Knee Screening!

Because we're simply swamped most of the time with referrals and people wanting our treatment, we only have enough slots for *20 FREE screenings a month. But because you received our postcard, simply CALL US AT (646) 650-2522 today and tell the phone specialist you want the "FREE Knee Pain Screening". This GUARANTEES you'll get an appointment that works for you*—even if you're after the 20 we allot for the month.

You can come in, tour our facility and we'll answer any and all questions your may have. *CALL US NOW AT (646) 650-2522.*

You CAN get your life back and do all the things you used to do without the nagging knee pain? CALL US NOW!!!

Sincerely,

The Staff at the Arthritis Knee Pain Centers

P.S. Remember: our treatment is covered *by most major insurances and even Medicare*. There is little—if any—out-of-pocket expense for you. *CALL US NOW!!!*

– Dr. John Rush

the GRUMBLE

Pat King
Grumble Editor

READER WRITE-INS:

SUBWAY MANNERS

What about the women who keep big bags on their shoulders? There are many of them and they are even worse than the backpacks. And some of them stand in active doorways and pretend to be oblivious of the obvious.

— **Gary Dycus,** *Metro US reader*

VENT TO US!
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Emma hanging out with Teddy on a rainy day.
PHYLIS, METRO US READER

ALL IMAGES ISTOCK

metro.us/horoscopes

Aries Set high standards and cover as much ground as possible. If you know what you are talking about, you'll gain respect and the support you need to get what you want.

Taurus Work quietly behind the scenes. Use your intelligence to overcome obstacles. Change is within reach, but making it happen will require finesse.

Gemini Take care of business without making a fuss. Be open to suggestions, but don't give in if someone is pressuring you to take on the impossible.

Cancer If you offer something special or unique, you will get the help you need to make your idea fly. A change will turn out better than anticipated. Keep moving forward.

Leo If you take on too much or engage in indulgent behavior, you won't like the results. Take the high road and project an image that is consistent and discreet.

Virgo Don't put up with anyone playing emotional mind games. Be direct and eliminate chaos and discord from your life. Put your best foot forward and do your own thing.

Libra Get out and do something that will add to your knowledge, skills and experience. Refuse to let situations at home slow you down. Compromise and move on to more enjoyable tasks.

Scorpio Push the envelope when it comes to creative pursuits. Find a way to differentiate yourself from the competition. Dedication and hard work will pay off.

Sagittarius Charm will help you get your way, as long as you don't venture too far from the truth or mislead someone. An emotional matter should be resolved before you make a personal change.

Capricorn Put some muscle behind your aspirations if you want to make progress. Your enthusiasm will gain you support as well as criticism. Don't get angry; use the advice offered to your benefit.

Aquarius Consider what's doable and what isn't. Don't be shy when you need help. Call in favors and get things done. Romance will eliminate tension and stress.

Pisces You'll have some big ideas that will spark interest and put you in the limelight. Before you make unreasonable promises, go over your plans and your budget. EUGENIA LAST

NY GYN

Elite Gynecology (also known as New York Gynecology) is a division with New York Medicine Doctors Center, a multi-specialty group serving the entire Tri-State area.
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Guiding women in each stage of life with compassionate care.

Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTI's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

This is also why we service MonaLisa Touch which is a low energy electric therapy allowing women to have both functional and cosmetic alterations to their vagina. Especially if you feel dryness or are post menopausal, do not hesitate to come in and ask us about our minimally invasive procedures. We welcome you with open arms!

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DR. TAMARA GUICHARD

Tamara Guichard, M.D. is an experienced obstetrician who provides a versatile and intuitive approach in treating a variety of medical concerns. With a background of over 10 years as a gynecologist, Dr. Tamara Guichard is experienced in helping her patients feel at ease and find the perfect customized treatment for each unique need.

- Board Certified Gynecologist of 10+ years
- Onsite Testing and Imaging for faster results
- Specializing in vulvar and vaginal disorders
- Fluent in Creole, Spanish, English, French, & Sign Language

Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

CONTRIBUTED

Young entrepreneur creates a game that honors women

Polish inventor Zuzanna Kozerska-Girard has created an ingenious version of the popular game "Guess Who?" called "Who's She?" to pay tribute to strong and powerful women. Kozerska-Girard tells Metro that she wants to show girls and boys female idols and heroines, and make them see that women are inspiring and powerful.

DANIEL CASILLAS, MWN

Q&A

ZUZANNA KOZERSKA-GIRARD, Creator, Who's She

What inspired you to create this game?
A few years ago I launched another project, Valek rolling pins. It was a huge success. But after that I wanted to do something more meaningful for me. I wanted to have a positive impact, not just another gadget. I needed to talk about the way we raise our children and how we educate them. I was so sick and tired of all the comments about my daughter that were only about appearances and almost never about her abilities. I tried to explain why it's not good for her, but it is difficult to change people's vision. So I needed to take it all in my own hands and make an impact.

What is the main purpose of this game?
I created Playeress [Kozerska-Girard's company], because as soon as I got the idea for Who's She?, I thought of plenty other editions and other projects which would have the same goal. So Playeress will be creating inspiring, motivating and durable games to bring to light the inspiring women we know and those we don't know.

How did you decide which women to include in the game?
I tried to balance between playability of the game and a diverse set of professions, origins, time periods. This was incredibly difficult to do! I had this big whiteboard with all the women written on it, and lots of Post-its like in the detective movies! I couldn't sleep, I thought I was never going to finish the selection phase. I have intentionally tried to put more emphasis on less feminine professions. So you'll find more scientists and discoverers than artists or singers. For example, in sports I decided to include Lella Lombardi, the first woman to score points in Formula One [auto racing], instead of Bobbi Gibbs, who made history running in the Boston Marathon. Also I tried to include many women who never received any recognition. I found it so shocking that almost no one knows of [Egyptian pharaoh] Hatshepsut! We all talk about Cleopatra because she was seductive and she had many defeats, but Hatshepsut... she did everything perfectly! She was an amazing pharaoh for more than 20 years. She developed Egypt, she won battles and wars. So why does nobody know about her? Because she was an incredibly successful woman in a world dominated by men! And they tried to erase her from history, destroying stories about her with hammers — literally!

What about game dynamics?
Who's She is a guessing game for two "playeresses." It is totally contrary to the classic version we all know. The essence of the game is to ask only about these amazing, bold women's accomplishments and biographies, not their appearance. So you ask questions and eliminate those women who don't fit the description from your board. To make it easier I developed a whole set of icons to represent categories and to allow the player/ess to check at a glance if a particular woman won a Nobel Prize, fought for gender equality, had a disability, or discovered something. Each player picks at random a biography card to be their secret identity. The biography cards are packed with fun and shocking anecdotes about the woman you chose. This way, you can actually understand why she is labeled with those icons and get to know her a bit more.

So, this game is only for women?
No! I hope to inspire girls to follow their interests even if someone will say, "Oh, it's a boy thing!" And inspire boys to have female idols and heroines and see women as inspiring and powerful as men. Basically, see them as equal. For adults, of course, it's the same, but we tend to take fewer risks and change less than kids, so it's more difficult.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

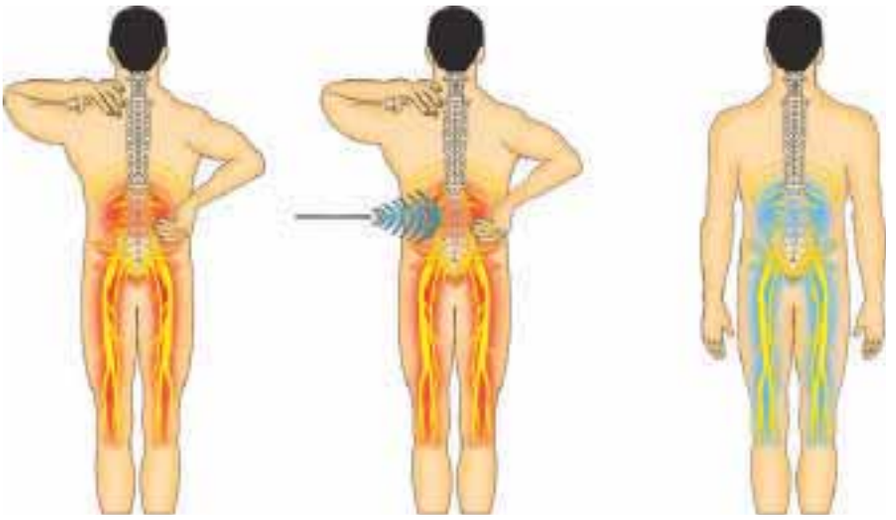
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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ISTOCK

Cash is in danger of extinction

More and more companies around the globe are no longer accepting cash. How close are we to the complete disappearance of banknotes and coins, and what are the consequences of that? Metro investigates. MIGUEL VELÁZQUEZ, MWN

We are living the last decades or, perhaps, last years of cash being a common method of payment. According to experts, this century will be characterized by the disappearance of bills and coins.

"Cash is almost no longer used," Steve Keen, economic historian, author and professor at London-based Kingston University explained to Metro. "So the question is, what will be the impact of it going from being very rare to not existing?"

The "extinction" of bills and coins is something that has been happening gradually. It is expected that in the future, digital payment methods will take over, despite the risks and disadvantages that include security as well as misinformation regarding their usage.

Experts predict that cash cannot be eliminated overnight because it would cause immediate chaos, as happened recently in India. In 2016, the government of Prime Minister Narendra Modi banned high-denomination bills in order to combat black money and corruption.

"The Indian government tried to ban cash recently — at least, large-denomination notes — and it caused economic chaos," Keen stated. "And the policy had to be reversed."

However, in other countries there are cities where most establishments have begun to reject national and foreign banknotes.

"Denmark is perhaps the most extreme example here, followed by Norway. Many shops have signs saying 'cash not accepted,'" Keen added.

Should there still be cash?

According to Keen, it must be preserved, "because I do not trust the economists who are trying to abolish it. I know that they do not know what they are doing. One day, a cashless society might make sense — say, on Mars — if it's designed by someone who understands money in the first place. But today is not that day."

He added: "A number of central banks, which have been trying to cause the inflation rate to rise from zero toward their target level of 2 percent per year, are considering banning cash and forcing all money to be electronic. Their motivation is that interest rates on deposits at private banks could be negative. They think this would motivate people to spend to avoid losing money on their deposits, and thus cause the inflation that they have failed to achieve by other means. My problem with central banks doing this kind of thing, with a few exceptions, is that the economists pushing for the abolition of cash do not actually understand money in the first place. The last people who should be controlling something are those who do not understand it."

But if that happens, would it be safe?

Banking systems are very robust already against cyberattacks. The vast majority of [transactions] are already electronic, and many people have had experiences of banks blocking fraudulent attacks on accounts.

"My main worry is not security, but the unintended effects of abolishing cash, such as wealthy people moving their money out of countries with negative interest rates into those with positive interest rates. This could cause economic crisis as the money supply and demand could plunge," Keen concluded.

FINANCE

What you can do about gender-based rate hikes for car insurance

How much are you really paying for your car insurance?

NerdWallet is a personal finance website.

Your driving record may be flawless. Your car may be one of the safest on the road. But in most states you might pay more for car insurance than an all-but-identical driver, simply because of your gender.

No one is immune. While men traditionally have paid more, particularly when they're younger, recent studies show women often pay more when they're older.

This year California joined six other states in banning the use of gender to set car insurance prices. Elsewhere, drivers can pay hundreds of dollars a year in higher premiums because of the impact of gender on their rates.

Whether such pricing is fair depends on your perspective, but drivers can come out ahead by finding insurers that give their gender a break.

"The best thing you can do is to shop for insurance," says James Lynch, chief actuary for the Insurance Information Institute. "Different companies have very different rates, and you can get a good deal by shopping around."

ISTOCK

Who pays more?

Insurers analyze many factors, including driving records and demographics, to decide which drivers are more likely to have accidents and therefore should pay more. They're required to justify their rates to state regulators. In Hawaii, Massachusetts, Montana, North Carolina, Pennsylvania, parts of Michigan and now California, insurers can't use gender as a factor. Elsewhere, the approach to gender varies widely.

"Until the last few years, men always paid more," says Robert Hunter, director of insurance for the Consumer Federation of America. But in 2017 the group found most large car insurance companies often charge 40- and 60-year-old women more than their male counterparts.

The research, which priced basic liability insurance from six insurers in 10 cities, also found widespread inconsistencies. For example, Allstate quoted higher rates for 40-year-old women in Baltimore and higher rates for their male counterparts in Tampa, Florida, according to the data. For 20-year-olds in Cleveland, Farmers Insurance showed higher quotes for men while Geico had higher quotes for women.

A 2019 NerdWallet analysis found similar patterns for full-coverage policies, which provide broader protection. It examined average annual rates among the largest insurers in 20 ZIP codes of each state for a 2015 Toyota Camry for single 40-year-old drivers with clean records and good credit.

Seven of the country's 10 largest car insurance companies showed higher average rates for women in some states and higher rates for men in other states.

But gender-based price differences were dwarfed by overall price differences among companies. So a woman might save hundreds of dollars a year with the cheapest insurer in her area — even if that insurer would charge her male counterpart less.

An example from NerdWallet's analysis underscores the importance of shopping for insurance. Here are two companies' average annual rates for drivers in Minnesota:

American Family: $921 for women; $917 for men. Allstate: $1,859 for women; $1,881 for men.

What drivers can do

"If you want a company that doesn't use gender [in setting rates], have that conversation with your agent or company," says Nicole Ganley, spokesperson at the American Property Casualty Insurance Association. "And shop around, because there's a lot of choices out there." **LISA GREEN**

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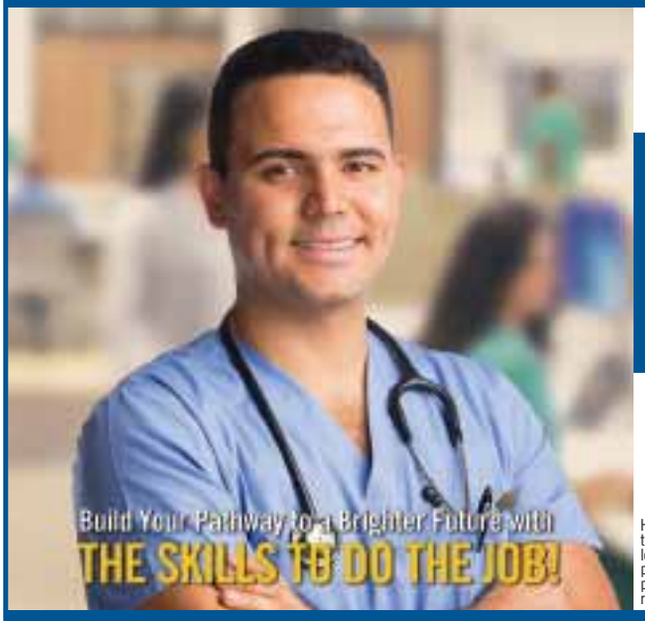

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Nets' Russell showing he's worth big deal

D'Angelo Russell continues to will the Nets toward the playoffs.

JOE PANTORNO
joseph.pantorno@metro.us

Friday night must have been sweet for D'Angelo Russell.

The 23-year-old point guard was banished from Hollywood just two years ago by the Los Angeles Lakers to what many considered at the time to be the NBA's version of Siberia: Brooklyn.

On Friday night, he eliminated them from playoff contention in a 111-106 win that kept his team's surprising playoff hopes well intact.

After initially not living up to the hype of being the No. 2 overall pick in the 2015 NBA Draft, along with the video fiasco that ousted former teammate Nick Young's lack of monogamous faith to Iggy Azalea, Russell was sent to the Nets, where Lakers president Magic Johnson provided the young guard with all the bulletin board material he'll ever need.

"D'Angelo is an excellent player. He has the talent to be an All-Star. We want to thank him for what he did for us," Johnson told ESPN's Baxter Holmes. "But what I needed was a leader. I needed somebody also that can make the other players better and also [somebody] that players want to play with."

Johnson was right about Russell's talents on the court. The 23-year-old made his first-ever All-Star appearances earlier this season, a year in which he's putting up career highs in points (20.7 ppg) and assists (6.9 apg).

He was incorrect about his leadership capabilities.

D'Angelo Russell is setting up for a big payday after a career year. GETTY IMAGES

Russell has played a major role in the resurgence of the Nets, a franchise that had been rooted to the bottom of the NBA for the past three years, averaging just 23 wins per season during that stretch.

His emergence has played a major role in putting the Nets back on the map as they are 38-36, currently good for the No. 7 spot in the East, with eight games remaining.

With a rough schedule to close out the season, the Nets kicked things off with a big win in Los Angeles, ending LeBron James and the Lakers' dim playoff hopes. Russell recorded a double-double with 21 points and 13 assists in his former home.

If Russell can get the Nets over the finish line and into the playoffs, it is only going to drive his value up ahead of an offseason in which he's a restricted free agent.

Should the Nets simply decide to extend the qualifying offer for the 2019-20 season, Russell will make just $9.1 million, which is quite the bargain of an All-Star-caliber player. However, it would still provide the Nets with a $21 million cap hit.

Should the Nets decide to rework his contract, Russell could be making well over $20 million next season. It won't be that difficult for the Nets to meet those expectations, either, as they'll have around $50 million in cap space this offseason, which will allow them to secure Russell while trying to make a big splash in free agency.

The Nets are back in action tonight in Portland against the Blazers.

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Time running out for Mets, deGrom extension

It would not be surprising in the least if New York Mets starting pitcher Jacob deGrom's optimism ahead of the 2019 MLB regular season is already turning into frustration.

With just three days until Opening Day, the 30-year-old's self-proclaimed deadline of when negotiations will end for this season, the reigning National League Cy Young Award winner is still without a contract extension.

While deGrom is under team control through the 2020 season — next offseason would bring about a fourth straight year of arbitration — he has seen a number of the game's more prolific pitchers receive contract extensions this offseason.

Justin Verlander of the Houston Astros, Chris Sale of the Boston Red Sox, reigning AL Cy Young Award winner Blake Snell of the Tampa Bay Rays, Yankees ace

GETTY IMAGES

Luis Severino and Aaron Nola of the Philadelphia Phillies have all been secured by their respective teams for the long haul.

The inactivity from the Mets has obviously taken a toll on deGrom, who fewer than two weeks ago stated that he was optimistic about a deal getting done.

"You see guys signing. I see them, too. I guess we wait," deGrom said on Saturday. "I've really not been trying to think about it. Yeah, I said I wanted to get something done, but it's getting close to Opening Day and I think my focus is on that right now."

The Mets aren't doing much to get back in deGrom's good graces, either, as they cut his battery mate Devin Mesoraco over the weekend.

When the catcher was alerted that he would start the 2019 season in triple-A after being beaten out for the backup job behind Wilson Ramos by Travis d'Arnaud or Thomas Nido, Mesoraco asked for his release. He caught 21 of deGrom's 32 starts during his Cy Young campaign last season.

DeGrom's representation and the Mets are still in talks as spring training draws to a close, but he will not negotiate an extension during the regular season.

It's tentatively setting up some awkward theater between star and team, especially because deGrom's former agent, Brodie Van Wagenen, is now the general manager of the Mets. Van Wagenen brashly demanded last summer while he was still deGrom's agent that the Mets sign his client to an extension as quickly as possible or trade him.

My, how things have changed.

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SUPREME COURT

COUNTY OF QUEENS, Wilmington Savings Fund Society, FSB, Doing Business as Christiana Trust, Not in its Individual Capacity, But Solely as Trustee for BCAT 2015-13BTT, Plaintiff, vs. Inho Choi, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on October 15, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on April 19, 2019 at 10:00 a.m., premises known as 80-20 Park Lane South, Woodhaven, NY.
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 08851 and Lot 115.
Approximate amount of judgment is $285,464.30 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 703025/2015.
Gerald Chiariello, II, Esq., Referee
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Pursuant to a Judgment of Foreclosure and Sale, duly entered 12/6/2018, I, the undersigned Referee, will sell at public auction, in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY 11435, on 4/12/2019 at 10:00 am, premises known as 104 23 214th Street, Queens Village, NY 11429, and described as follows:
ALL that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 11099 and Lot 27.
The approximate amount of the current Judgment lien is $441,008.25 plus interest and costs. The Premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 709871/2015.
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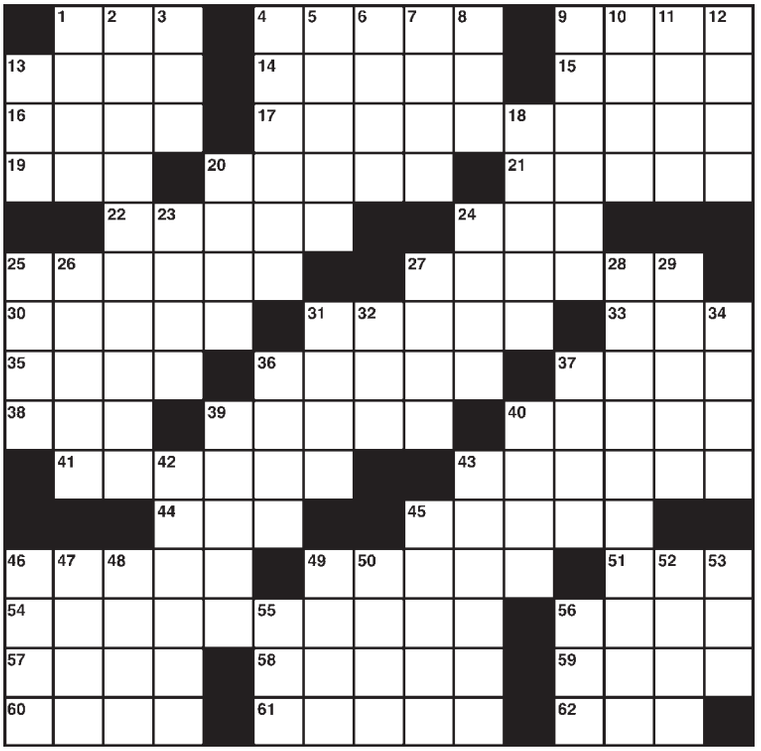

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4 Rattled
9 Any minute now
13 "Have a __ day!"
14 U.S. state
15 "Can't Buy Me __"; Beatles song
16 All at __; suddenly
17 Grinds to bits
19 Actress Leoni
20 Dangerous
21 Chris with a racket
22 Twenty
24 Brewed drink
25 Codeine or morphine
27 Trunk tires
30 Actor Jeremy
31 Stupid
33 __ tree; cornered
35 Dryer residue
36 Paths
37 Sign of an old surgery
38 Caspian or Black
39 Worked with hay
40 Charisma
41 Like a scumbag
43 Seals gaps in woodwork
44 Bawl
45 Weather forecast
46 TV's "__ World Turns"
49 Air freshener
51 Greek letter
54 Tracking dog
56 Falling __; meteor
57 Overdue
58 Sweet person
59 Enormous
60 Make __ at; flirt with
61 Suspicious
62 Feminine ending

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2 Occurring now and then
3 Word of mild surprise
4 Baseball official
5 TV remote button
6 Kimono fabric
7 Covetousness
8 Shirt, for short
9 Dieter's piece of pie
10 Seep out
11 __ the moon; elated
12 Cardinal's home
13 Last but __ least
18 Pass on, as a message
20 Decays
23 Isn't able to
24 Ridicules
25 Lubricates
26 Uses a crowbar
27 Drove too fast
28 Fast-growing evergreen
29 __ plugs; car starters
31 Tyne or Tim
32 Half and half
34 Up in __; angry
36 Slothful
37 Have nothing to do with
39 Exposed
40 Walking stick
42 Repeats
43 Like a soft teddy bear
45 Not as nuts
46 Suffix for chew or agree
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3 BEDROOMS • DINE IN KITCHEN
REAR DECK • 2 CAR GARAGE

EXCELLENT FINANCING ARRANGED

Buy a new home now and get up to $5,000 toward Closing Costs!

THE HERITAGE -- *A Classic Mainline Home*

now $283,500

3,424 SQ. FT. • 4 Bedrooms • 2 Car Garage

$9,923 DOWN PAYMENT

$2,367* per month pays all including principal, interest, taxes and insurance!

THE HOMESTEAD -- *A Classic Mainline Home*

now $277,000

3,392 SQ. FT. • 4 BR PLUS SPACIOUS LOFT

$9,695 DOWN PAYMENT

$2,328* per month pays all including principal, interest, taxes and insurance!

THE CAMBRIDGE -- *A Classic Mainline Home*

NOW $309,000

3,393 SQ. FT. • 4 Bedrooms • Covered Front porch

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* Monthly payments based on FHA 30 yr. fixed interest rate of 5%. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available. *Figures quoted above on Cambridge model based on conventional 30 year mtg. All home prices and interest rates subject to change without notice.*